



# fresh start for school breakfast

*a school nutrition breakfast resource*



*Brought to you by School Nutrition Association & Alliance for a Healthier Generation*



## A Fresh Start with School Breakfast

As new nutrition standards for school breakfast take effect this fall, the School Nutrition Association (SNA) and Alliance for a Healthier Generation have teamed up to help school nutrition professionals give their students a “Fresh Start” with sample school breakfast menus that meet the new regulations.

The new meal pattern requirements for school breakfast are being phased in over the course of two school years. Schools must follow a food-based menu planning approach, meet calorie ranges, eliminate trans-fat and ensure half of all grains offered with breakfast are whole grain rich.

“A Fresh Start for School Breakfast” helps ease the transition for school menu planners by providing student-friendly two-week cycle menus that can fit into any style of breakfast operation (Grab and Go, Hot line, and Breakfast in the Classroom) while meeting the new standards. These menus, which include nutrient analysis, meet the upcoming school year goals (phase-in year 1), in addition to the 2014-15 school year goals. The nutrient analysis is based on typical foods and may change based on brands used. Also note, the sample menus span across all age groups. The analysis was completed for K-5, 6-8 and 9-12.

The School Nutrition Association’s Nutrition Committee and the Alliance for a Healthier Generation’s Nutrition Advisors served as reviewers of these materials. Please refer to USDA memos for the most up-to-date information on breakfast requirements.

### Resources:

USDA FNS School Breakfast Program

<http://www.fns.usda.gov/sbp>

USDA Memo: Questions and Answers on the School Breakfast Program

<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2013/SP28-2013os.pdf>

School Nutrition Association: [www.schoolnutrition.org](http://www.schoolnutrition.org)

Alliance for a Healthier Generation: [www.healthiergeneration.org](http://www.healthiergeneration.org)



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Alliance for a Healthier Generation, 5 Thomas Circle NW, Washington, DC 20005



## 2 Week Menu Breakfast in the Classroom

### Week 1

WG Breakfast Bar (1Gr) String Cheese 1oz (1MA) Chilled Cupped Pears (1/2c) Oranges (1 ea) MILK - Variety1%,FF & FF Flavored	WW Banana/Zucchini Bread (2Gr) Fresh Apple Slices (2oz) Chilled 100%Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored	Egg Sandwich on WG Muffin (2Gr & 1.5 Gr/MA) Bananas (1ea) Sweet Potato Waffle "Fries" (1/2c) MILK - Variety1%,FF & FF Flavored	Mini WG Honey Biscuit (1Gr) W/Turkey Sausage (1Gr/MA) Oranges (1ea) Chilled Cupped Pears MILK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) With FF Yogurt (1Gr/MA) Fresh Blueberries (1/2c) Bananas (1ea) MILK - Variety1%,FF & FF Flavored	Average nutrients for the week Cals... 476 Sodium. 460 mg S.Fat 3.3g 6.2%Cal
Nutrients Cals... 459 Sodium. 470 mg S.Fat 5.1g 9.9%Cal	Nutrients Cals... 522 Sodium. 371 mg S.Fat 2.6g 4.5%Cal	Nutrients Cals... 501 Sodium. 641 mg S.Fat 2.5g 4.5%Cal	Nutrients Cals... 423 Sodium. 463 mg S.Fat 5.6g 12.0%Cal	Nutrients Cals... 477 Sodium. 355 mg S.Fat 0.7g 1.4%Cal	

### Week 2

WG Muffin (1Gr) LF Mild Cheddar Cheese (1oz) Chilled 100% Fruit Juice (4oz) Fresh Apples (1ea) MILK - Variety1%,FF & FF Flavored	WG Mini Pancakes (2Gr) Bananas (1 ea) Applesauce (1/2c) MILK - Variety1%,FF & FF Flavored	WG Bagel with Cream Cheese (2Gr) Fresh Strawberries (1/2c) Chilled Cupped Peaches (1/2c) MILK - Variety1%,FF & FF Flavored	WG Slider Roll (1Gr) With Breakfast Chicken Patty (1Gr/MA & .5Gr) Baked Sweet Potato Wedges (1/2c) Oranges (1 ea) MILK - Variety1%,FF & FF Flavored	WG Cereal Bar (1Gr) With FF Yogurt 4oz (1Gr/MA) Fresh Blueberries (1/2c) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored	Average nutrients for the week Cals... 469 Sodium. 499 mg S.Fat 3.2g 6.2%Cal
Nutrients Cals... 482 Sodium. 521 mg S.Fat 6.1g 11.4%Cal	Nutrients Cals... 524 Sodium. 419 mg S.Fat 1.7g 2.9%Cal	Nutrients Cals... 372 Sodium. 477 mg S.Fat 4.6g 11.0%Cal	Nutrients Cals... 483 Sodium. 770 mg S.Fat 2.6g 4.8%Cal	Nutrients Cals... 485 Sodium. 306 mg S.Fat 1.1g 2.1%Cal	

### Week 1 Menu Average

### Week 2 Menu Average

Nutrient	Menu Average	% of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups	Nutrient	Menu Average	% of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups
Calories	476		400 - 500	100%	7	4.5	4.5	.5	Calories	469		400 - 500	100%	7.5	3	4.5	.5
Sodium (mg)	460		540						Sodium (mg)	499		540					
Fiber (g)	7.19								Fiber (g)	6.15							
Protein (g)	17.53	14.72%							Protein (g)	16.49	14.07%						
Carbohydrate (g)	82.46	69.25%							Carbohydrate (g)	79.99	68.21%						
Total Fat (g)	9.54	18.03%							Total Fat (g)	9.89	18.97%						
Saturated Fat (g)	3.30	6.24%	<10.00%						Saturated Fat (g)	3.21	6.16%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%							Trans Fat <sup>1</sup> (g)	0.00	0.00%						



#### ABBREVIATION KEY:

Ea=Each; FF=Fat Free; Gr=Grain; LF=Low Fat; MA=Meat Alternate; WG=Whole Grain; WW=Whole Wheat

## 2 Week Menu Grab N Go

Week 1					
WG Bagel with Cream Cheese (2Gr) Fresh Strawberries (1/2c) Fresh Apple Slices (2oz) MILK - Variety1%,FF & FF Flavored	WW Banana/Zucchini Bread (2 Gr) Oranges (1 ea) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored	WG Mini Waffles (2Gr) Bananas (1ea) Chilled Cupped Pears (1/2c) MILK - Variety1%,FF & FF Flavored	Mini WG Honey Biscuit (1Gr) W/Turkey Sausage (1Gr/MA) Chilled 100% Fruit Juice (4oz) Chilled Cupped Peaches (1/2c) MILK - Variety1%,FF & FF Flavored	WG Cereal (1Gr) With FF Yogurt (1Gr/MA) Fresh Blueberries (1/2c) Bananas (1ea) MILK - Variety1%,FF & FF Flavored	Avg Nutrients Cals... 443 Sodium. 403 mg S.Fat 3.0g 6.2%Cal
Nutrients Cals... 391 Sodium. 472 mg S.Fat 4.6g 10.6%Cal	Nutrients Cals... 512 Sodium. 370 mg S.Fat 2.6g 4.6%Cal	Nutrients Cals... 463 Sodium. 351 mg S.Fat 1.7g 3.3%Cal	Nutrients Cals... 417 Sodium. 469 mg S.Fat 5.6g 12.1%Cal	Nutrients Cals... 434 Sodium. 354 mg S.Fat 0.7g 1.4%Cal	
Week 2					
WG Muffin (1Gr) LF Mild Cheddar Cheese (1oz) Chilled 100% Fruit Juice (4oz) Fresh Apples (1ea) MILK - Variety1%,FF & FF Flavored	WG Mini Pancakes (2Gr) Bananas (1ea) Applesauce (1/2c) MILK - Variety1%,FF & FF Flavored	WG Egg n Cheese Breakfast Burrito (1Gr &1Gr/MA) Salsa (1oz) Fresh Strawberries (1/2c) Chilled Cupped Peaches (1/2c) MILK - Variety1%,FF & FF Flavored	WG Slider Roll (1Gr) With Breakfast Chicken Patty (1Gr/MA&.5Gr) Oranges (1ea) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF & FF Flavored	FF Yogurt 4oz (1Gr/MA) with WG Cereal (1Gr) Fresh Blueberries (1/2c) Bananas (1ea) MILK - Variety1%,FF & FF Flavored	Avg Nutrients Cals... 469 Sodium. 485 mg S.Fat 3.1g 6.0%Cal
Nutrients Cals... 482 Sodium. 521 mg S.Fat 6.1g 11.4%Cal	Nutrients Cals... 524 Sodium. 419 mg S.Fat 1.7g 2.9%Cal	Nutrients Cals... 402 Sodium. 614 mg S.Fat 4.1g 9.1%Cal	Nutrients Cals... 452 Sodium. 570 mg S.Fat 2.6g 5.2%Cal	Nutrients Cals... 483 Sodium. 302 mg S.Fat 1.2g 2.2%Cal	

Week 1 Menu Average									Week 2 Menu Average								
Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups	Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups
Calories	443		400 - 500	100%	8	2	5	0	Calories	469		400 - 500	100%	6.5	4	5	0
Sodium (mg)	403		540						Sodium (mg)	485		540					
Fiber (g)	5.95								Fiber (g)	6.51							
Protein (g)	14.92	13.46%							Protein (g)	17.54	14.97%						
Carbohydrate (g)	80.28	72.44%							Carbohydrate (g)	80.98	69.12%						
Total Fat (g)	8.05	16.34%							Total Fat (g)	9.06	17.41%						
Saturated Fat (g)	3.03	6.16%	<10.00%						Saturated Fat (g)	3.13	6.02%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%							Trans Fat <sup>1</sup> (g)	0.00	0.00%						

ABBREVIATION KEY:

Ea=Each; FF=Fat Free; Gr=Grain; LF=Low Fat; MA=Meat Alternate; WG=Whole Grain; WW=Whole Wheat

## 2 Week Menu Cafeteria Breakfast

### Week 1

<p>WG Cereal (1Gr) or WG Bagel with Cream Cheese (2Gr) or LF Cott. Cheese(1MA)W/ WG Cereal (1Gr &amp; 1Gr/MA)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Pears (1/2c) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Cereal (1Gr) or WW Banana/Zucchini Bread (2Gr) or String Cheese W/ WG Cereal (1Gr &amp; 1Gr/MA)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Peaches (1/2c) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Cereal (1Gr) or WG Cereal With WW Toast (2Gr) or Scrambled Eggs with WW Toast (1Gr &amp; 1Gr/MA)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Fruit Cocktail (1/2c) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Cereal (1Gr) or WG Cereal With WG Muffin (2Gr) or Mini WG Honey Biscuit (1Gr)W/ Turkey Sausage (1Gr/MA)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Mandarin Oranges (1/2c) Baked Sweet Potato Wedges (1/2c) Ketchup (6g) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Cereal (1Gr) or WG Cereal With FF Yogurt (1Gr&amp;1Gr/MA) or WG Mini French Toast (2Gr)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Pears (1/2c) Chilled 100%Fruit Juice (4oz) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>Avg Nutrients Cals... 468 Sodium. 451 mg S.Fat 1.9g 3.7%Cal</p>
<p>Nutrients Cals... 455 Sodium. 430 mg S.Fat 2.1g 4.2%Cal</p>	<p>Nutrients Cals... 423 Sodium. 385 mg S.Fat 2.4g 5.2%Cal</p>	<p>Nutrients Cals... 454 Sodium. 378 mg S.Fat 1.6g 3.1%Cal</p>	<p>Nutrients Cals... 539 Sodium. 615 mg S.Fat 2.6g 4.4%Cal</p>	<p>Nutrients Cals... 462 Sodium. 381 mg S.Fat 0.9g 1.8%Cal</p>	

### Week 2

<p>WG Cereal With WG Muffin (2Gr) or WG Cereal With LF Mild Cheddar Cheese (1Gr &amp; 1Gr/MA) or LF Mild Cheddar Cheese with WG Muffin (1Gr/MA &amp; Gr)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Pears (1/2c) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Cereal (1Gr) or WG Mini Pancakes (2Gr) or LF Cott. Cheese with WG Cereal (1Gr/MA &amp; 1Gr)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Peaches (1/2c) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Cereal (1Gr) or WG Cereal With WW Toast (2Gr) or Egg White Omelet With WW Toast (1Gr/MA &amp; 1Gr)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped fruit Cocktail (1/2c) Chilled 100% Fruit Juice (4 oz) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Waffle (1.5G) or WG Slider Roll (1Gr) With Breakfast Chicken Patty (1Gr/MA &amp; .5Gr)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Mandarin Oranges (1/2c) Baked Sweet Potato Wedges (1/2c) Ketchup (6g) Syrup (2Tbsp) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>WG Cereal (1Gr) or WG Cereal Bar (1Gr) or WG Cereal With FF Yogurt (1Gr &amp; 1Gr/MA)</p> <p>Assorted Fresh Fruit (1ea) Chilled Cupped Peaches (1/2c) Chilled 100% Fruit Juice (4oz) MILK - Variety1%,FF &amp; FF Flavored</p>	<p>Avg Nutrients Cals... 498 Sodium. 485 mg S.Fat 2.0g 3.7%Cal</p>
<p>Nutrients Cals... 547 Sodium. 492 mg S.Fat 4.5g 7.4%Cal</p>	<p>Nutrients Cals... 460 Sodium. 413 mg S.Fat 1.1g 2.2%Cal</p>	<p>Nutrients Cals... 476 Sodium. 460 mg S.Fat 1.7g 3.2%Cal</p>	<p>Nutrients Cals... 562 Sodium. 760 mg S.Fat 2.1g 3.3%Cal</p>	<p>Nutrients Cals... 445 Sodium. 301 mg S.Fat 0.8g 1.6%Cal</p>	

### Week 1 Menu Average

### Week 2 Menu Average

Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups	Nutrient	Menu Average	%of Calories	Target	% of Target	Grain	Meat/ Meat Alt.	Fruit Cups	Vegetable Cups
Calories	468		400 - 500	100%	Min. 5	5	5	.5 RO	Calories	498		400 - 500	100%	Min.6.5	5	5	.5RO
Sodium (mg)	451		540		(must choose to include M/MA)				Sodium (mg)	485		540		(must Choose to include M/MA)			
Fiber (g)	8.02								Fiber (g)	7.87							
Protein (g)	15.51	13.26%							Protein (g)	16.61	13.34%						
Carbohydrate (g)	89.24	76.29%							Carbohydrate (g)	92.92	74.67%						
Total Fat (g)	7.01	13.48%							Total Fat (g)	8.02	14.51%						
Saturated Fat (g)	1.95	3.74%	<10.00%		Max.10				Saturated Fat (g)	2.04	3.69%	<10.00%		Max. 10			
Trans Fat <sup>1</sup> (g)	0.02	0.03%							Trans Fat <sup>1</sup> (g)	0.03	0.06%						